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1840





PURGATION:

OR

THE BRANDRETHIAN METHOD

OF

TREATING DISEASES AND CURING THEM,

WITH

ONE AND THE SAME UNIVERSAL MEDICINE,

THE EFFICACY OF WHICH HAS BEEN FULLY TESTED,

BEYOND THE POWER OF

MALICE OR MISREPRESENTATION

TO DISPUTE,

WITH AN ATTEMPT TO EXPLAIN THE CAUSE AND ORIGIN

OF

ALL DISEASES.

BY BENJAMIN BRANDRETH, M. D.

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INTRODUCTION.

THE greatest obstacle to the advancement of true medical knowledge and the prevention of disease, has been the confusion into which medical men, of all ages and countries have fallen, in their constant attempts to surround and barricade the profession with hard-sounding words, frequently of doubtful import, and the fatal ignorance almost universally displayed, even by those who are in favor of purgation, touching the properties of those medicines, with which practitioners vainly seek to relieve nature, when she is groaning under an oppressive load of humors. They administer cathartics, which certainly produce downward evacuations, but do not disengage the intestines from their viscous, phlegmy and glairous matters; wholesome purgatives, on the contrary, CLEANSE and PURIFY, until they finally produce new fluids, which, circulating freely, give life and pleasure to the whole machine—promote digestion and excite the appetite.

He can know little of nature's loveliness who but casts a careless glance around as he hurries along the beaten path. He only appreciates, who pauses to mark the variable light and shadow—who sees the wild flower in the grass under his feet—who listens to the song of the wind among the trees—and who links with the objects around some charm of association or of sentiment.

The comparison I am about to draw, may, at first, seem inappropriate, if not altogether preposterous: but a moment's reflection will prove that it is neither an extravagant nor an injudicious one. Salts, Castor-oil, Calomel, and all the train of *hurtful remedies* with which our modern Esculapian sages stuff the bodies of their patients, resemble in every respect, the unobservant traveller, who, whilst passing through nature's beautiful domains, has no other object in view, but to reach the end of his journey, in the shortest possible space of time. They neither search nor cure; they skim over superficially and mechanically, driving off nothing but the slops which have been swallowed to assist the operation; and when the work of evacuation is completed, all the burning acrimonious humors are found assembled in one focus, and the patient is a prey to costiveness, piles, fistula, etc., which by dispersing malign putrid fumes and mesentery into all parts of the body, occasion head-aches, fevers, loss of appetite, and disturbance of the assimilating process, producing such misery only known to the dyspeptic invalid.

We will suppose the frame of an ordinary sized person to weigh one hundred and twenty-five pounds; this one hundred and twenty-five pounds, according to Dr. Hunter, is composed of bones twenty-five, blood twenty-five, and the other seventy-five pounds constitute the soft parts, of which, the greatest portion are fluids.

By the continual action of the fluids on the solids, a certain portion is, each moment of our existence, separated from the solids and carried into the mass of the circulation. These separations, or particles of worn-out muscles, nerve, etc., have to be evacuated from the system by divers outlets: hence arises the want of daily food to regain the losses of the solids and fluids. Thus the bodies of all created beings are perpetually

undergoing a species of revolutionary change; and it is precisely this change or renewal which preserves them from putrefaction, and from its natural consequence—death.

It is therefore evident, that in order to facilitate this periodical change and renewal, the natural outlets of the body must be kept in a proper condition; for if the noxious humors are allowed to sojourn too long in the body, they become excessively sharp and corrosive, occasioning the most terrible and fatal disorders—such as hemorrhages, dysentery, and all prostrating diseases, which frequently entail years of suffering and anguish.

As purging medicines, which do not thoroughly cleanse and purify, rather tend to increase than remove the evil, it is my purpose to introduce the subject before the public in a series of Pamphlets, showing the importance of the vegetable system of purgation in all its ramifications, and the applicability of its principles to every species of disease that can, under any circumstances, afflict the human frame.

Meanwhile as there are persons, who, being afflicted with disease, may wish to know by experience, the benefit to be derived from the use of vegetable purgatives, I would *conscientiously* recommend to such, the immediate use of the Brandreth Pills—a medicine which has attained its present standard of usefulness, solely from its exceeding salutary properties. These Pills, being in truth nothing more than an assistant of nature, causing her to do that which is required to produce a healthy condition of the body. Such being the case, it is evident, that they can be administered with safety to advanced age as well as to helpless infancy, and invariably with the same beneficial results, and utter absence of all hazard. The same rule is also applicable to females, who may use these Pills with unfailing certainty of success in all the various shades and gradations of derangement of system to which their delicate frames are subject.

Vomiting may be considered as belonging to the same principle as purging, it being merely the act of cleansing the body, by the upper passages of the stomach instead of the lower. When therefore that delicate organ is too nauseated to retain the Pills in their original form, four or six may, on such occasions, be dissolved in a little catnip, balm, or camomile tea; and after being taken, the patient should then swallow as much of either of the liquids above named as the stomach will bear. The stomach having, by these means, evacuated all those irritating humors which had caused nausea, the pills should then be used in such doses as the symptoms of the disease may require, to carry out the grand system of purgation.

It is my intention to prepare a fluid medicine for such patients as may require this sort of treatment, which, while retaining the same properties as the pills, will not be so unpleasant to the palate as when they are dissolved. The necessary directions will be given when the medicine is ready for sale.

I would embrace this opportunity again to request the public, as they value their health, never, under any consideration or circumstances whatever, to purchase *Brandreth's Pills* of Druggists, as these men universally sell an injurious counterfeit of that valuable medicine. A list of my offices for the exclusive sale of Brandreth's Vegetable Pills will be found on the cover of this pamphlet.

The Public's Servant,

B. BRANDRETH.

PURGATION, &C.

SECTION I.

AMONG the various subjects which engage the attention of mankind, I apprehend all my readers will agree with me in opinion, that the preservation of human life, and the increase of human enjoyment, claim universal pre-eminence. Yet it is an extraordinary fact, that those principles and those pursuits which usually impel the actions of all the rational portions of our species, as individuals, should be altogether lost sight of in a collective point of view.

Whilst we glory in the "march of intellect" which characterises the present period of the world, and proudly exult in the downfall of barbarism, ignorance and superstition—in the elevation of the peasant and the laborer to the rank of rational beings; and the progression of the higher orders of society towards perfection in mental acquirements; we cannot avoid being astonished that so little effort is made to preserve health,—that state of our corporeal frame which alone fits us to enjoy the independence of wealth, the splendor of station, the gratification of command, and the power of knowledge. We observe man struggling to obtain these possessions;—suffering willingly fatigue and toil, anxiety and care, privations and hardships, and, without repining, submitting to press a restless pillow, in the hope of an imaginary enjoyment from the acquirement; but, nevertheless, forgetting that the very means by which the object of his desires is to be attained, undermine his constitution, and render him unable to enjoy the possession, were it actually within his grasp. It is true that the light which has beamed upon us, has shed its rays also upon the art of healing, in common with every other branch of knowledge;—that disease is more easily detected, better understood, and more effectually cured, than it ever was; but it is no less true, that diseases are as numerous, and of as frequent occurrence as they

ever were ; and that the means of preventing their approach are equally despised by the patient, and neglected by the physician.

Molière makes one of his characters declare that "he knows not a pleasanter farce than that of one man attempting to cure another ;" and truly, looking at the history of the art from the time of the Assyrians, down almost to the year of grace in which I am writing, and from which, it clearly appears, that mankind, during that long interval, have lived either wholly without medical advice, or died, dividing their confidence between theorizing pedants and blind empirics,—the perusal will go very near to make me of the same opinion.

Systems have changed—methods of cure have flourished and decayed—the most opposite and conflicting remedies have been employed, and men have boasted of their success ; but science has continued uninterruptedly its mill-horse circle, covering the same two grains of idea with two bushels of words, and changing only its language from century to century, as if in fear, lest men, becoming familiarized with the terms, should detect their emptiness of all meaning, and "throw physic to the dogs." The occasion is tempting for the delivery of a lay sermon, if the readers of this pamphlet would only bear with it : but if they be part and parcel of mankind, I know they would rather die, like their forefathers, in the faith and fear of physic as it is, than take the trouble of thinking for themselves, and I forbear accordingly.

As a matter of whim, however, or as Jeremy Diddler says, "Just by way of curiosity," I would ask what the state of medicine is, not in the history of the past, but now in the noon-day blaze of the nineteenth century, as every body knows it to be, between the homœopathic administrators of quintillionth doses, the antipathic composers of eight ounce mixtures, and the Mesmerite mystics, not forgetting the charlatanism of the scarifiers, and the unreasoning follow-my-leader-ism of the third and fourth rate prescribers, who form the mass of every-day practitioners ?

The plain truth of the matter is, that physic is merely the younger sister of Theology ; and that there is as utter, and as general an incapacity among the patients to give a reason for the faith that is within them in the one faculty as in the other. The early physicians were professedly, at once, divines, enchanters, and apothecaries ; witness the Plutus of Aristophanes, and the history of the impostor Apollonitis, by Lucian : even still, traces exist of this union of the

natural and the supernatural, in the remnants of judicial astrology among the old-lady herbalists, in the superstition of not cutting the nails on a Friday, etc. *Quo semel imbuta*. It is indisputably true, that in latter years, this association has been somewhat severed, and that, since the dissemination of the Baconian philosophy, physiology, the only solid basis of medical reasoning, has made great strides. The physicians of the present age, when they happen to possess common sense, may now argue upon something like established fact. They see and observe with greater accuracy, and draw sounder conclusions from their premises ; but still, as far as mere theory is concerned, the *vis dormitiva* is the highest flight to which medical philosophy has attained. If the men of art have done good and praise-worthy service, in their recent attempts to throw off mysticism, and, like the stem of the seedling plant, to seek the light, they would have been far more successful, had they not been impeded by the ignorance and the credulity of the public, who think nothing admirable but what they do not understand. Among the best educated classes are to be found a numerous body of miracle-seekers and mystery-mongers, who run after the medical jumpers and shakers, and who will only be spoken to in an unknown tongue. Nothing that is simple, natural, or intelligible pleases ; why then should physicians, who, like other men, must live by bread, lay aside humbug ? Accordingly, the Charlatans among the regulars, far out number the honest practitioners ; and their forms are as various as those of the intellects to which they respectively address themselves. Until public education shall be conducted on better principles, this will ever be the case ; and Charlatans of all calibres, whether hidden under the court-dress of the state physician, or in the humbler disguise of him, of the “ one horse shay ” will continue, *quemlibet occidere populariter*, to their own profit, and to the greater efficacy of the preventive check on a superabundant population.

I have been led into this train of reflection by observing the effects of bigoted adherence to long cherished errors, upon those around me, of every age, and rank, and condition. But merely to reflect upon an evil, and to moralize upon its consequences, without endeavoring to avert them, is both an idle and ungracious occupation ; I have, therefore, determined to lay before the public, in a more enduring shape, than that of a single advertisement, my own opinion, and the opinion of some of the most distinguished sages, that this or any other age have produced, relative to the SALUTARY INFLUENCE

OF PURGATION UPON HEALTH, and to point out what I conceive to be injurious to life, in the various medical systems which are pursued and advocated in opposition to my simple method of thoroughly extirpating disease of any kind. In performing this task, I am not sanguine enough to anticipate from my labors a reformation in the prejudices of that portion of mankind, called the medical profession ; for as well might I attempt to change the hue of the Ethiopian ; but I shall enjoy the gratification of having performed a duty, and of holding up the mirror of truth, so as to display Folly in all her nakedness and deformity. I am well aware that there are individuals who derive a malevolent and secret delight from throwing a false covering over the motives, however rational and unassuming, of any one who attempts to rectify abuses ; but if I attack errors which are entrenched behind long established custom, it must be allowed, that I have long since given a fair summons of surrender, and proved the necessity for their dislodgement.

SECTION II.

THERE are things in the world of spirits, about which our ideas are very dark and confused : the principles of life and animation may be said to be among these : for notwithstanding all the light which has been thrown upon the subject by the profound inquiries of the illustrious Bacon, and the learned disquisitions of his followers, this great secret is yet in the hands of Him whose ways are as inscrutable as the mysteries of a world to come. It must be evident to all dispassionate observers, however, that as every being is in the highest state of health when the blood is in the most perfect and free circulation, it must be, when the most rapid movements of the blood from one part of the body to the other take place,—or, in other words, when the greatest amount of friction has been produced. Friction is the cause of heat, and is produced by the circulation of the air ; and, as there is great similitude between LIFE and HEAT, we may safely conclude that the PRINCIPLE of LIFE is produced and kept in full vigor by the powerful velocity of the circulation which produces this heat, or rather, is the actual and positive cause of it.

We all know, that if the circulation of the blood be stopped only for a moment, animation ceases instantly.

But this continual heat, also causes continual corruptibility, which unless it be eradicated in time, is not only fatal to the individual himself, but eventually proves a source of suffering and misery to hundreds of yet uncreated beings ; for the child receives at once the principle of life, and of destruction from his parents, and when of age transmits them to his posterity.

There is between the principle of life and the principle of destruction a point of contact, in order that the principle of destruction may finally overpower that of life. This has been wisely ordained by the all-ruling Power ; and nothing more forcibly impresses on us a foreknowledge of his existence, or more strongly exhibits his supremacy than the immutability of those laws which direct the movements of every thing in nature. The lines of the world are fixed ; therefore,

it is not irrational to suppose that to prevent excess of population, the principle of death was implanted.

It being evident that the principle of life and that of corruption both inhabit the same region, man, in order to arrive at that period of life called old age, has only to be careful to preserve a perfect balance in his physical organization. This, in some constitutions, is natural enough; and happy is that man, in whom the consequences of innate corruption remain in a steady, fixed and invariable state!

But this innate corruption—this primeval cause of all disease, is subject to the influence of occasional causes of vitiation; and if by the effect of this influence the first cause should become aggravated—if its progress be accelerated by inattention, and the result be a putrid fermentation, the disease then appears with increased malignity and virulence, and in consequence of the *progress*, which in the commencement might have been stayed by *effectual purgation*, death takes place before the individual has reached that age, which, according to the principle of life originally within him, he ought certainly to have attained.

This premature termination of existence is unnatural, and might easily be avoided. Natural death is the result of old age, or in other words, when the digestive organs can no longer assimilate the food for the purpose of supplying the daily waste of the body; extinction, then, takes place, and on exactly the same principle that a tree dies, when the root becomes too rigid to absorb moisture. As the moisture of a tree in that condition becomes sap, so is the food of man converted into blood. The same causes are conducive to the same effects in both—they either prolong life, or accelerate death; but *neither can have too much of that which tends to the prolongation of life*: the tree never dies from too great a quantity of sap—and I defy any physician to produce a single case where human life was sacrificed in consequence of the system being surfeited with blood! Although an opinion has long been prevalent, that such instances are of frequent occurrence: an opinion founded on the worst prejudices that ever were set afloat for the destruction of mankind, and rendered in some degrees, popular,—not, by plausible demonstration, or logical deduction, but by the sophistical reasoning of learned pedants, for whose express convenience this antiquated theory was first invented, that all professional believers in the same faith, might continue to feed upon the vitals of society unmolested, and carry on their extortions and depredations without exciting either suspicion or disgust.

That which is the cause of life, never produces death—there are no contrarieties in nature. *Wise*, conceited man alone, has sought to make opposite principles produce a similar effect. But no good has ever yet resulted from the adoption of absurdities ! Witness the destructive tendencies of mercury and bleeding ; which nevertheless continue to be resorted to as remedies for diseases !

It is a remarkable and incontrovertible fact, that not one person in a thousand dies of old age. In the whole course of my experience and close observation, I have known but three cases, where this desirable consummation has come to pass. Premature death in nine hundred and ninety nine cases out of a thousand is the consequence of disease being allowed to progress unchecked in the body, whereas, by timely *purgation* it might have been successfully nipped in the bud, and finally removed. How many valuable members of society—how many industrious fathers, affectionate mothers, and sweet interesting children,—the hopes and pride of their friends, have been cut off in the spring and summer of their existence, to the irreparable loss of their disconsolate families, who might have lived, and might be living now, to bless with their presence, and diffuse happiness on those around them, had the method of curing diseases by PURGATION been adopted in preference to bleeding, calomel, opium, and other pernicious paliatives, which, instead of curing, only tend to hurl the poor patient into an untimely grave, or to render him prostrate, miserable and useless for the sad remainder of his cankered existence. Who, therefore, shall waver after this in their choice of remedies ? Which is the best ? that which effectually and entirely removes the cause of all disease, or that which merely tends to allay, in order the more surely to destroy ? *The Brandrethian Method, unattended as it is with evil consequences, is the only bulwark against the early inroads of corruption and decay !*

SECTION III.

It might be affirmed that man is born in a state of perfect health ; although an hereditary predisposition renders some individuals more susceptible than others to peculiar diseases, yet, when the corporeal organization is complete, and the degree of vitality sufficient to actuate the machinery of the human frame, an infant thus constituted and endowed cannot be regarded in any other state than that of health.

If it be the intention of Providence, as there is every reason to believe, that the animal body should be capable of resisting with impunity, the impressions of heat, cold, light, air, and all the other external agents of the world into which it is ushered at birth, it may be demanded, why this primitive state of health cannot be maintained ? The cause is obvious—the artificial circumstances in which society has placed the human race :—and as mankind is acquainted with no state of existence in which these circumstances do not operate, reason teaches that means should be taken to obviate their baneful influence. But instead of listening to the dictates of reason,—rather than make himself acquainted with the nature of his constitution, and study to preserve it in health and vigor—man, too often yields himself up to the government of ignorance and presumption : the first moment even in which he draws breath sees him placed under the control of individuals totally inadequate to the important charge of preserving the infant constitution in its original state, and aiding its progress to maturity. In support of this general remark, many thousand cases might be adduced ; but the sequel will furnish sufficient proof of the correctness of my position and the accuracy of my views.

Human beings are not only the most perfect of all organized bodies, but have been endowed with a much greater proportion of the vital principle than is awarded to the other species. Yet from not living in that state of primitive simplicity and purity, supposed to have been designed by a bountiful Creator, they are more subject to occasional derangements of the system, than any other portion of

the animal family. This is not to be wondered at when we contemplate the manner in which we live ;—when we reflect, that thousands are pent up in a space where there ought not to be hundreds ; and hundreds frequently occupy a wretched locality, which can barely furnish convenient accommodation for one-tenth of their number. How can corruptibility be avoided under such lamentable circumstances ?

It is true that health may be secured, by adopting the practice recommended in this work ; but it is not the same kind of health we should enjoy in the open country, while inhaling the freshness of the passing gale, and breathing the unpolluted air of heaven. Hence it is that the chances in favor of restoration to health, when disease has shaken the human frame, and undermined the physical constitution of man, are so much greater in the country, than in the town ; for half the amount of medicine, which would be deemed indispensable in the city, will suffice to effect a perfect cure under the auspices of a clear country sky. *Impure air* is the cause of corruption ;—Corruption, by destroying the healthful functions of the blood, is the sure precursor of death. It would, perhaps have been more proper to say, that, as confined air becomes corrupt, as soon as it is absorbed into the body, it adds to, instead of taking away the corrupt particles.

I would not have my readers suppose, that I belong to those enthusiasts who worship nature in her wildest and most deformed state—who compare the habits of civilized man with those of the human savage ; and see no perfection in any of the customs of life which do not approach to those of that period of primeval felicity, when men were only

“richer in the skins they wore,
And saw more heaps of acorns in their store.”

I have no design to reduce the species again to so low a degree ; on the contrary, I can neither forget the artificial character into which the advancement of civilization and the progress of society have necessarily moulded man, nor have I any wish to deprive him of those sympathies which the refinements of education have implanted in his bosom. Neither do I hope to be regarded as belonging to that class of ascetics, whose acerbity has curdled the few drops of the milk of human kindness with which Providence had endowed them, and who delight in finding fault with everything, without knowing why or wherefore. I am well aware that sickness will manifest itself

in the country as well as in the city—among savages, as well as among civilized beings—among young people as well as among old.

The truth is, that young people, who are the most robust in appearance, whose countenances display the most delightful carnation, are frequently more subject to disease than the spare, the pale, and the weakly. It is true that the former possess a greater share of the principle of vitality, but in exactly the same ratio is the principle of corruption and decay imbedded within them. By what process, therefore, are those valuable physical advantages, which have accrued to them from their birth, to be retained? I answer—by constant purgation whenever the least symptom of sickness exhibits itself.—The health of the patient will thereby, not only be immediately restored, but considerably improved. Parents, whose children have succumbed under the desolating ravages of consumption, at that trying age when the intellect is springing from adolescence into maturity, have only their own folly and carelessness to blame: for had an efficient purgative been administered, when sickness was first manifested in any shape, Consumption *would have been prevented*, and the evil rooted out branch and all. Let those who are disposed to doubt every thing, except their own self-sufficiency, peruse with due attention the following brief narrative of one of the most extraordinary cases that ever came within the scope of medical observation, and judge whether I have overrated the efficacy of purgation on the human constitution.

I was once called to attend upon a very young boy, to whom I was nearly related, and who, from his cradle almost, had been used to purgative medicine, after the *Brandrethian Method*, of course.—Bodily infirmity seemed to have been his natural birth-right, for he had never known one healthy hour since he first breathed the breath of life; his nurse, without the knowledge of his parents, had frequently administered to him cordials, opiates, and all the inch-killing remedies with which these mischievous guardians of infancy are wont to beguile away the fretfulness or ill-humor of their helpless charges. As soon as I discovered how the little sufferer had been mismanaged, I took him under my especial care; and for the space of three long months I never quitted his side for two hours at a time. My task was one of extreme difficulty; for the child was subject to frequent convulsive fits. I gave him the pills daily—sometimes as many as ten pills in twenty-four hours. For the first three months, the disease seemed to have taken such strong hold of the vital parts, as to baffle all my

attempts to dislodge it; and many of my friends, who were physicians of the old school, declared, that if I saved the boy, they would then believe in the efficacy of repeated purgation.

As to my own belief in the efficacy of purgation, it was as firm then as it has been ever since; nor would my strong faith have been shaken even if the child had not been saved: for I was well aware, that, from some peculiar cause or other, his fluids were degenerated, and his blood in an extremely bad and corrupt state. I thought it not improbable that the virus used for the purpose of inoculation, might have been the cause of the disorder, for I had not then, finally made up my mind on that subject. One thing, however, was certain, that the child lay in a dangerous condition, and that his sickness was the result of incapacity on the part of the natural outlets to discharge the corrupt particles as fast as they were generated in his body. I felt also equally certain, that unless I assisted his natural functions, to discharge said particles, with purging medicine, the principle of corruption would soon predominate, and death speedily put a period to the boy's sufferings.

Acting upon this knowledge, I persevered in my purpose. His appetite was extremely low—a little biscuit soaked in milk, broth, or weak tea, was all that he could take; but he would swallow the pills without trouble, and always appeared lively and without pain, after they had operated. In twelve hours, however, a complete revulsion for the worse would again take place, when the dose was repeated and sometimes increased.

At last, after a protracted trial of three months, by thus persevering in administering nothing but *purgative medicine*, one morning, after a dose of only six pills, the boy ejected a slimy mass, about four inches in length, almost black, and horribly putrid. From that moment his constitution underwent a complete change. And although for three years afterwards, it was found necessary to make frequent use of the pills, yet his health continued to improve, and he is now a fine robust boy, nine years old—a *living proof of the efficacy of the Brandrethian Method of curing diseases*.

When we see so many valuable lives sacrificed at the shrine of avarice and cupidity, which might have been saved by a similar process to that which I have described above—when we see so many bereaved families, deprived of the protecting arm of a father, a brother, or a son, through ignorance of that which is most conducive to health—we could almost be tempted to question the advantages of civilization on mankind.

SECTION IV.

OF all the authorities to which men can be called upon to submit, the "wisdom of our ancestors" is the most absurd; we are an older generation than they were, and since experience is the consequence of age, we must necessarily be wiser. They, in their successive generations, laid aside absurdities which had descended to them from their fathers; that was a piece of wisdom on their part which we might imitate with advantage. Our great grandfathers believed that the earth was a broad platter on the back of a tortoise: our grandfathers threw overboard that blessed specimen of hereditary wisdom, and declared the earth to be a ball, round which the sun and planets revolved; our fathers made a second change, their theory drove the earth from a state of quietude, and sent it spinning through infinite space, while the sun, which had hitherto capered with amazing velocity from one end of heaven to the other, was destined for the future to repose quietly in the centre of the system. Each of these alterations has been styled atheism, and the authors threatened with crucifixion by the clergy, or with St. Stephen's fate by an ignorant mob. No improvement of importance has ever been proposed, which was not at the first onset denounced as blasphemous, treasonable and absurd.

It is precisely the same with physics; and he who has the courage and good sense to communicate a new idea—to propose a salutary innovation—or to extirpate a long-rooted prejudice, is assailed by the owls and bats of the learned faculty, who are forever looking to the things that are past, with a fatal purblindness as to things that are to come, and is proclaimed, by the plenitude of their wisdom, a quack, a knave, or a fool! Well may it be said, that *Custom* is the veriest Goddess of semblance and of shade. She is in every feature like her sister *Fashion*, which builds her temple in the capital of some mighty empire, and having selected four or five hundred of the silliest people it contains, she dubs them with the magnificent and imposing title of **THE WORLD.**

All men are apt to have a high conceit of their own understandings, and to be tenacious of the opinion they profess ; and yet almost all men are guided by the understandings of others, not by their own ; and he may be said more truly to adopt than to beget their opinions. Nurses, parents, pedagogues, and ~~after~~ them all, and above them all, that universal pedagogue CUSTOM, fill the mind with notions which it has no share in framing—which it receives as passively as it receives the impression of outward objects ; and which, left to itself, it never would have framed perhaps, or would have examined afterwards. Thus prejudices are established by education, and habits by Custom. We are taught to think what others think, not how to think for ourselves ; and whilst the memory is loaded, the understanding remains unexercised, or exercised in such trammels as constrain its motions, and direct its pace, till that which is artificial becomes, in some sort, natural, and the mind can go no further. It may sound oddly, but it is true, in many cases, to say, that if men had learned less, their way to knowledge would be shorter and easier. It is indeed shorter and easier to proceed from ignorance to knowledge, than from error. They who are in the last, must unlearn, before they can learn to any good purpose ; and the first part of this double task is not, in many respects, the least difficult ; for which reason it is seldom undertaken.

Whoever, therefore, is desirous of promulgating a doctrine not in unison with the pre-conceived opinions or prejudices of the world, must first himself be satisfied of its truth ; without this conviction, he can never assume that commanding deportment which is requisite to withstand those attacks that self-love, and many feelings deeply rooted by education, fostered by vanity, and strengthened by habit, always oppose to every innovation. He should also be prepared to prove that his opinions are not the offspring of mere speculation, the flashes of a kindled imagination, but the result of observation guided by knowledge and confirmed by experience ; and lastly, he must not only arm himself with patience to hear every objection, and to examine its merits impartially, but with candor always to acknowledge error, and with generosity to avow a defeat.

I have thought it proper to lay these axioms before my readers, to demonstrate that I am fully aware of the importance of the character which I have assumed :—that I have not inconsiderately invested myself with the robe of the teacher—nor proffered myself unprepared to maintain the truth of my precepts. I have been the more anxious to do this, to guard myself against the possibility of being confounded

with the promiscuous crowd of medicine venders, that infect our streets ; for I am well aware, that generally speaking the remedies puffed often into notice, do not deserve the confidence of the afflicted, nor the countenance of an enlightened public ; and that they are *all* subject to censure. But this cannot be said of *Brandreth's Pills* : their long established reputation for efficacy in removing every symptom of disease, when all the means, that the "legitimate professors" of the healing art could devise, had failed, has frequently inspired with confidence even the most sceptical—the fact, that for nearly a whole century, during which these pills have been in general use throughout Europe, not a single case has ever occurred of their having been attended with fatal consequences, ought to be a sufficient plea to entitle the projector to the respect of his fellow creatures, and to screen him from the attacks of presumption, ignorance and envy. For my own part, I can conscientiously say that were I not thoroughly convinced of the truth of what I have uttered relative to the innate properties of my pills, I would shut up my establishment to-morrow, and retire from the field for ever.

In a country so subject as this is to sudden changes in the temperature of the atmosphere, these pills are, indeed, the only kind of medicine which can counteract the insalubrious effects of the climate on health. We have only to consider how soon putrefaction destroys life after it has once commenced, and all aversion to the vigorous adoption of purgative medicine will cease. Would that the interest of the "family physician" would allow him to comprehend the principles upon which the restoration of health depends, society would not be overrun as it is now with desolate widows and helpless orphans. But it is a singular fact, and no less strange than true, how little reflection there is on the part of those, who repose blind confidence—I had almost said, a culpable confidence—on that lover of sinecure, known as the "family physician." One would suppose that people were too busy to think, were it not that the idle are ever the most thoughtless !

The profound and philosophic mind of Dr. Benjamin Franklin, understood full well the salutary effects of purgative medicine. What he says, in relation to purging in all cases of yellow fever, is entitled to our deepest consideration—"It must be remarked that this evacuation, (meaning by purges) is more necessary in this than in most other fevers. The abdominal viscera are the parts principally affected in this disease, but by this timely evacuation, their feculent corruptible contents are discharged before they corrupt and produce any ill effects, and their various emunctories, and secreting vessels are

set open, so as to allow a free discharge of their contents, and consequently a security to the parts themselves, during the course of the disease. By this evacuation the very minera of the disease, proceeding from the putrid miasm fermenting with the salivary, bilious and other corrupt humors of the body, is always eradicated by timely emptying the abdominal viscera on which it first fixes, after which a gentle sweat does as it were nip in its bud. When the primæ viæ, but especially the stomach, is loaded with an offensive matter, or contracted, and convulsed with the irritation of this stimulus, there is no procuring a laudable sweat, till that is removed ; after which a necessary quantity of sweat breaks out *of its own accord*, these parts promoting it, when by a purgative medicine, they are eased of the burden or stimulus which oppresses them."

"All these acute putrid fevers, ever require some evacuation to bring them to a perfect crisis and solution, and that even by stools, which must be promoted by art, when nature does not do the business herself. On this account, an *ill-timed scrupulousness about the weakness of the body* is of bad consequence in those urging circumstances ; for it is that which seems chiefly to make evacuations necessary, which nature ever attempts, after the humors are fit to be expelled, but is not able to accomplish for the most part in this disease ; and I can affirm, that I have given a purge in this case, when *the pulse has been so low that it could hardly be felt, and the debility extreme, yet both one and the other have been restored by it.*"

I find the above opinion of Dr. Benjamin Franklin in a work entitled "Medical Inquiries and Observations, by Dr. Benjamin Rush," Philadelphia, 1796. The papers of Dr. Franklin bear the date of 1741—Just ninety-nine years ago ; so that the system of exclusive purging for the cure of disease, is not of so late a date as some people have been disposed to assert.

Dr. Rush gives the above as the first and principal reason of his mind being directed to inquire into the effect of purging medicines ; and after having examined the subject in all its various bearings, phrases, and ramifications, he gives it as his opinion, that there is no more danger from the yellow fever, provided purging is adopted with vigor at the commencement, than from a common cold ; and that he universally found the following results from adopting that system in his practice.

1st. "It raised the pulse when low, and reduced it when it was preternaturally tense or full.

2nd. "It revived and strengthened the patient. This was evident

in many cases—in the facility with which a patient, who had staggered to a close-stool, walked back again to their beds, after a copious evacuation. Dr. Sydenham takes notice of a similar increase of strength after a plentiful sweat in the plague. They both acted by abstracting excess of stimulus, and thereby removing indirect debility.

3rd. “It abated the paroxysm of the fever. Hence arose the advantage of giving a purge, in some cases, in the evening, when an attack of the fever was expected in the course of the night.

4th. “It frequently produced copious and universal sweats when given on the first or second day of the fever, after the most powerful sudorifics had been taken to no purpose.

5th. “It sometimes checked that vomiting which occurs in the beginning of the disorder; and it always assisted in preventing the more alarming occurrence of that symptom, about the fourth or fifth day.

6th. “It removed obstructions in the lymphatic system. I ascribe it wholly to this action, that in no instance did any of the glandular swellings, which I formerly mentioned, terminate in a stoppation.

7th. “By discharging the bile through the bowels as soon and as fast as it was secreted, it prevented in most cases a yellowness of the skin.”

Who can read the above quoted passages, and not see at once, that if purgation is productive of such beneficial effects in cases of yellow fever, that the same important advantages must be derived from purging in all other diseases? It is an ascertained fact, that purging produces its effects on the body in nearly the same manner at one time that it does at another, and that similar results are universally experienced. We may imagine sometimes, that more benefit has been experienced in one instance, than in another, but this is owing to the state of the body not being always in the same condition. But it is my opinion that we always receive the same relative amount of benefit from a purge, though we may not be conscious of the fact at the time, and that consequently, even in cases where health may be supposed to exist, not only our feelings, but our intellects will be benefited and improved by the experiment.

But I ask again, can it be believed that the above quoted extract, is the opinion of a physician of eminence, who wrote *forty-six* years ago, and the medical profession not open to conviction, but still determined to pursue the same crooked paths, in stern defiance of the laws of humanity, and in purblind opposition to all the principles of reasoning and deduction? If so revered a sage as Benjamin Franklin—if a man of such high standard of intellect and professional skill

as the late Dr. Rush, have failed to convince mankind of the efficacy of purgative medicine in all diseases, how can *I* hope to enforce belief of that fact, who have only *the faith that is within me* as my *prima facie* evidence, and the millions of cures that have been effected, as my witnesses? Still let us not forget the instructive fable of the lion and the mouse!

Dr. Rush observes further in answer to some objections started by the medical profession, "It is not an easy thing to affect life, or even subsequent health, by copious or frequent purging. Dr. Kirkland mentions a memorable case of a gentleman who was cured of a rheumatism by a purge, which gave him between forty and fifty stools. This patient had been previously affected by his disorder sixteen or eighteen weeks. Dr. Mosely not only proves the safety, but establishes the efficacy of numerous and copious stools in the yellow fever. Dr. Jay probably owes his life to three and twenty stools, procured by a dose of calomel and gamboge, taken by my advice. Dr. Redman was purged until he fainted, by a dose of the same medicine."

The last mentioned gentleman was over seventy years old, and yet he recovered from the yellow fever, which cure was, beyond doubt, effected by the efficacy of simple purgation. But hear Dr. Rush again:

"But who can suppose that a dozen or twenty stools in a day could endanger life, that has seen a diarrhoea continued for several months, attended with fifteen or twenty stools every day, without making even a material breach in the constitution? Hence Dr. Hillary has justly remarked that 'it rarely or never happens that the purging in this disease, though violent, takes the patient off, but the fever and inflammation of the bowels.'"

Dr. Clarke in like manner remarks "that evacuations do not destroy life in the dysentery, but the fever with the emaciation or mortification which attend and follow the disease."

Condorcet has shrewdly observed, that mankind persevere in their errors long after the necessary truths for overthrowing them have been established. This is especially applicable to popular errors regarding medicine. For notwithstanding the mass of convincing evidence I have just quoted, to prove the absurdity and the sinfulness of attacking any kind of disease, and much less remittent and typhoid fevers with opium and phlebotomy, the murderous practice continues to be as much in vogue as ever, and there is in fact a greater mass of medical ignorances and prejudices still afloat among

us, than perhaps among any other of the civilized communities on earth. In no country is quackery more barefaced—in no country do the classes falsely called educated exhibit a more absurd credulity, and that too respecting impositions at war not merely with the first elements of science, but with self-evident and intuitive truths.

Fever has been described as a disease in which the body is violently heated, and the pulse quickened, or in which heat and cold prevail by turns. Among the obscure causes which operate to produce this evil, are the variations of temperature; for it is at least an universally allowed fact, that the majority of diseases, those at least which are termed functional, are excited by atmospherical changes acting upon the surface of the body. In all cases of this sort, whether the fever be remittent, or of that class too generally confounded by practitioners with the contagious disorder of the same name under the term typhus, I would say in the language of Lord Bacon, "Let the physician apply himself more to *purgation* than to alteration, because the offence is in quantity."

This is a question which involves the very existence of entire communities in many of our southern states, and is especially worthy of the most mature consideration, in the formation of new settlements by those who are induced to emigrate from their native soil. It is true that the degree of mortality attached to very many specific diseases has been materially reduced in the South since the unfailing efficacy of my pills has forced down the principal barriers of prejudice, and the celebrity they have acquired has travelled far and near, subduing all diseases, and staying dire contagion in the midst of its devastating progress. But still a certain degree of irrational hostility is yet afloat; and it behooves men of all classes and degrees, to beware how they are led to reject a cheap and a safe remedy within their reach, lest by so doing they should wilfully throw away a life, which they ought to consecrate to the support of their families, and the worship of their God. The subject indeed might of itself command consideration, were men as deliberate and thoughtful regarding the preservation of health as of fortune; or were they as anxious to fly from sickness as from poverty. And yet to quote the language of the great moralist of the last century, "Such is the power of health, that without its co-operation every other comfort is torpid and lifeless, as the powers of vegetation without the sun."

SECTION V.

I HAVE already shown that man not only suffers from sudden variations of temperature—forced and violent exertions—deprivation of natural exercise, cold, damp, imperfect nutrition, etc., the effects of which a systematic use of purgative medicine might successfully have controlled; but that he is exposed to other diseases resulting from the modes of life consequent on civilization, and the exercise of certain arts, trades, or manufactures, to which it gives rise. He dwells in close, low, and shut up situations—he inhabits crowded cities—he inhales an atmosphere thickened with smoke and dust, and rendered irritating by the presence of noxious vapors, or foreign substances in a minute state of division—he frequents thronged assemblies and over-heated rooms—he exerts himself in a “wordy warfare,” straining his lungs, and imposing upon his respiratory system, efforts of which it is incapable—he hurries away excited and over-wrought—bathed in perspiration—he faces the cutting blast, or the driving sleet—attending only to the storm which still rages within, he disregards that from without, or, concentrated on some great intellectual effort, he neglects the precautions necessary for keeping the corporeal instrument in repair. The flush of excitement is succeeded by the hectic glow, and the triumph of the mind entails the destruction of the body:—

“ The fiery spirit, working out its way,
Fretted the pigmy body to decay,
And o’er-informed its tenement of clay.”

The influence of different occupations in producing phthisis, has been universally admitted, and it is greatly to the honor of humanity, that a practitioner of so much eminence as the celebrated Dr. Lombard, of Geneva, whose excellent contributions to the “*Annales and Hygiène Publique*” have created such an extraordinary sensation throughout Europe, has had the moral courage to shuffle off the inglorious trammels with which his fellow-laborers in the

cause of medical science, have so long misled mankind, and publicly avowed his conviction that "those trades in which the workmen is obliged to breathe an atmosphere loaded with a fine dust, which, penetrating with the air into his lungs, becomes lodged on the surface of the very sensitive lining membrane of the passages, and constantly accumulating, acts as a never-ceasing cause of irritation. Vegetable purgatives, from the power they possess of diffusing life, strength and hilarity to the constitution, are the only efficient remedies for counteracting the destructive tendencies of such an atmosphere, and for effectually destroying whatever symptoms of decay might already have manifested themselves, in cases where the evil had not been warded off by an early application of the system recommended."

Of the numerous trades which tend more or less directly to the production of this disease, bakers, hair powder makers, and workers in feather stores, may be said to be peculiarly exposed to its attacks. Such trades generally present a much larger number of weakly, white-faced and unhealthy looking individuals, with soft, flabby flesh, and a tendency to a short teasing cough. In stone cutting, the particles conveyed being sharp spiculæ, of higher mechanical powers of irritation, their effects are, proportionally, more violent, and ulcerations of the membrane, with perforations of small vessels, and consequent spitting of blood, are often in them the first warnings of impending danger. The pointing of needles has been distinguished for its great fatality to those employed; and though in this particular instance, scientific humanity has suggested a preservation in the employment of magnetic mouth-pieces, which should attract the fine metallic particles on their approach to the lungs, I understand that their use has actually been rejected by workmen to whom it was proposed, on the ground that if the danger were diminished, the number who went to the trade would be greater, and the wages consequently less! Employments that tend much to induce a stooping and contracted position of the chest are also among the causes that induces this disease, by preventing the free dilatation of the lungs. There are numerous other causes to which the narrow limits of a pamphlet do not even permit me an allusion; but all these may be guarded against by the indispensable precautions prescribed above.

The rapid progress which medical science has made during the last fifty years, has thrown considerable light on the history and pathology of all those maladies which are known, and have been described under the term scrofula, tuberculous disease, and consumption;

and yet neither rational practice or more correct views have as yet been the natural results. The most enlightened physicians look almost in despair on the slightest symptoms of the disease ; and, hopeless of rescuing from death, think only of those alleviating and palliative means, which may serve to "gently smooth the way." The humid and sulphurous air of Vesuvius has been recommended by physicians, even as far back as the days of Galen, but with very little or no success ; others have been equally unfortunate with an air pure and dry ; the atmosphere of a cow-house has been tried as well as the habitation on the sea-shore. Oxygen was resorted to by Toureroy, and carbonic acid by Withering, Perceval and Mühry. Baglivi recommended standing over freshly turned-up earth, and Lænné thought there was virtue in strewing a room with sea-weed. Inhalation, although consonant with the obvious principle of applying the remedy to the seat of the disease, has been tried under the most felicitous circumstances in vain ; and the important attempt has been made by numberless practitioners, and with almost every species of vapor or gas. Mead failed to establish a character for the vapors of frankincense and gum styrax. Tar fumigation is a specific tried by Sir Alexander Crichton without success. Finally, prussic acid is the suggestion of some ; chlorine and iodine are the ingenious resorts of others ; and yet, notwithstanding all the wise rules that have been laid down, both for the prevention and the extirpation of the disease, the destruction of human life by the extensive class of tuberculous diseases, continues to the same enormous amount, as heretofore. The period previous to the enlargement, the softening and the discharge of the tubercles being commonly allowed to pass without the application of purgative medicines, consumption in one or other of its forms, is soon established, and runs through its several stages with more or less rapidity, until death puts an end to the multiplied miseries of the patient. Is it not therefore of the highest consequence to call the public attention to the important fact, that it is only by a constant use of purgative medicines, during the pre-existing condition of the system, that much can be accomplished towards either prevention or cure ? Still, in a great many instances, by strong and repeated doses of vegetable medicine, a cure has been effected, even after the tubercles had suppurated and opened for themselves a way into the bronchial passages.

"In the long catalogue of human infirmities," (justly observes Dr. Clark,) "tuberculous diseases are undoubtedly the most deserving

the study of the physician, whether we regard their frequency or mortality. Confined to no country, age, sex, or condition of life, they destroy a larger portion of mankind in temperate climates than all other chronic diseases taken together. In this country, and over the whole temperate region of Europe and America, tuberculous disease of the lungs causes probably a fifth part of the whole mortality; and in some districts, and even in whole countries, the proportion is much larger. It has been calculated by the late Dr. Young, Dr. Wollcombe and others, from the best data which the bills of mortality afford, that in Great Britain and Ireland, consumption causes one-fourth part of the deaths that occur from disease. If we add to consumption, tuberculous disease of the glandular and nervous systems, of the large joints, of the spiral column, etc., and deduct the mortality which occurs during the first months of life, I shall probably be within the truth in stating that a third part of the mortality of this country arises from tuberculous diseases. If to this frightful destruction of mankind, we add the numerous crippled and disfigured sufferers whom we daily meet with, and couple these results with the painful reflection that the predisposition to tuberculous diseases is transmitted from the parent to the offspring, it will surely be unnecessary to press upon medical practitioners the claim which this class of diseases, above all others, has upon their earnest consideration."

But tubercles are not confined to the human species. The lion, the dromedary, and many other orders of the mammalia, both carnivorous and herbivorous, as well as various birds, reptiles, and even insects have been found to die consumptive. Most of the monkeys and apes which die in our menageries fall victims to true consumptive disease, and these bodies may be seen studding their lungs, liver, spleen, and several other organs. M. Boyer Collard, in opening the body of a lion that had died at the Tardia des Plantes, in Paris, found the lungs to contain numerous tubercles. Their existence is not at all unusual in horses. In the hog, they pretty frequently occur, and may be found in various parts of the body, as well as in the lungs, often mixed with the hydatids, or transparent vesicles; the development of which in these animals, is known by the common denomination of *measles*. Their existence in rabbits is a matter of daily observation; and as these unfortunate animals have supplied subjects for experiment in numerous other physiological and pathological questions, so have they been extensively used in this, and

the result of such experiments, I believe, has been, that it is in our power, by a certain course of regimen, to generate these productions in the textures of a rabbit to all appearance perfectly healthy previous to being placed under artificial circumstances.

Now it is proper to observe, that in the cases referred to, the animals have either been transported from a hot to a cold climate, where they are deprived of liberty and exercise, as in the case with monkeys and parrots, or confined in damp places, without sun and almost without air, as cows, pigs, and house-rabbits, or exposed to constant alternations of cold and heat, or violent and constrained exercise, as the horse. But these animals are never known, in their wildest state, to evince any symptoms of the disease; therefore we have a certain number of causes clearly marked as capable of producing it. It is remarkable that the dog, though more under the influence of human control than any of the above-mentioned animals, and more completely subdued to an artificial mode of existence, has never, as far as I know, been found affected with tubercles. This can only be accounted for by the fact that they have the instinct to find and eat those herbs which open their bowels and purify their fluids. The rest are all more or less confined, checked, and placed under the influence of depressing circumstances, the effect of which is to produce those primary changes in the constitution of the blood, from which I have shown the deposition of tubercles to result.

From all the facts stated above, it must appear obvious even to the most superficial inquirer, that, as a perfect and continuous state of health can only exist in that condition of life, where all actions proper to the human body, are performed in the most perfect and unrestrained manner, whatever occupation or pursuit has the least tendency to impair that freedom of exercise which the limbs are wont to indulge in, in a primitive state of existence, must generate certain acrimonious humors, which by impeding the process of digestion, destroy all those pleasurable sensations that organized bodies in a perfect, healthy state, universally experience, and are the sure basis of those fatal diseases with which the human race is every where afflicted. Whether exercise be conducive to the cure as well as prevention of diseases, it is evident, that when the necessary quantity cannot be taken, the deficiency must be supplied by purgative medicine, which by detaching and loosening the tenacious humors attached to our fibres, gives new strength to the body,—composure and energy to the mind. The subject possesses an acknowledged

interest for all classes of society, and especially for those who have been compelled to witness the most promising intellect, and the loveliest forms of beauty withering under the fatal influence of phthisical and tuberculous diseases. When the large and comprehensive views which Franklin, Rush, and Pelgas* have taken of all bodily diseases, prior even to the adoption of the vegetable system of purgation, by the late Dr. William Brandreth, are more fully known and acted on in practice, mortality from consumption will materially decrease among all ranks. When the principles which are endeavored to be inculcated in this pamphlet are comprehended to their full extent and received and valued as they deserve, public health must every where improve.

Then the occupation of the physician will necessarily give place to that of the surgeon, whose province will be reduced to the original vocation of setting limbs, binding up wounds, and all that is incumbent on a legitimate exercise of the surgical art. The great principles upon which health depends will be understood by all men without distinction of caste, rank or degree—consumption will be unknown, as all the evils tending to it will have been eradicated by purgatives from the constitution long before consumption can have assumed a decided form. The errors and diversities of opinion which at present cause so much division among medical men, will have no power in misleading mankind, and the public will then cease to suffer from boasting quackery or miserable pretenders.

It is because men of intelligence and character in the medical profession have systematically sunk their character as citizens in that of attendants upon the sick—it is because the richest and highest of them have too frequently, even to the end of their servile career, continued to be menials—it is because throughout their whole lives they have been deterred by the fear of losing a single dollar, from coming forward and manfully engaging in public questions which lay within their province, that human diseases are still sought to be cured with mercury, antimonial powders, bleeding, or opiates, which only deaden sensibility—lull the patient into a dangerous repose, and entail days of suffering and infirmity not only on himself, but on his progeny.

* It may be proper to observe, however, that in Dr. Benjamin Brandreth's opinion, his late grandfather, and projector of the vegetable pills, was utterly unconscious of any thing having been written on the subject, by the above named gentlemen, but honestly believed to have been himself the inventor of the vegetable system of purgation.

SECTION VI.

THE preservation of public health in great cities is an object no less of paramount importance to the citizen, than of curious inquiry to the philosopher ; and it is truly surprising to reflect how little serious consideration has been given to the subject. In the continental countries of Europe, the means of conserving the public health,—of disarming the malignity of epidemic diseases, and of preventing their too frequent recurrence, are investigated by the philosophical physician—carried into practical operation by a code of senatory law, and sedulously watched over as one of their most sacred and important public duties by the government and the country. With us, and principally in our southern states, the health, which is the life of the great mass of the population, is not considered worth a thought, except at times of impending danger, when thought is vain—when the pestilence rages in the midst of us, we run wildly about in search of relief ; when having completed its ravages, it finally disappears from our towns and our cities, we are too happy to dismiss also from our thoughts, and forget all inquiries as to the means of prevention for the future, in congratulation on our preservation for the present. Our Boards of Health, hastily and crudely organized in the hour of difficulty and danger, when the danger and difficulty, by the mercy of Divine Providence, have been got over, are immediately dispersed—the contests between the contagionists and the non-contagionists are contagious no longer—the advocates of tar water and the advocates of hot water lay down their arms—specifics, and all the people who recommended specifics are alike forgotten—cajeput oil is a drug in the market, and brandy is no longer consumed under false pretences.

The pestilence is over, but the danger is not. That which has been may be again, and the best time to escape a danger, is surely that when our judgment is unclouded by the prospect of imminent risk, and we as yet contemplate the danger at a distance.

But the danger never is at a distance. There exists in great cities an under-current of pestilence at all times and in all seasons. Typhus, for example, is ever at work among us. It is true, at work obscurely, because its ravages are among the obscure—among those who live precariously from day to day, in low, unventilated, and densely populated neighborhoods, where bad drainage, bad air, bad water and bad smells perpetuate the epidemics they originate, and whose miserable inhabitants form the never-failing and ever-dying population of our fever hospitals. It is impossible to calculate how much human life might be prolonged—not only prolonged, indeed, but what is of still greater importance, how much the condition of humanity might be improved in great cities, if more attention was paid to the system of *prevention*, both by legislative bodies, and the public. It is melancholy to reflect how little has in this respect been done! As far as regards individual *prevention*, the remedy is simple; so simple indeed, that he who runs may read!

For whenever any of the causes of contagion exist, there is no further precaution required, but to use the Brandreth Pills in such doses as may be found necessary to counteract those atmospheric influences which, when unheeded, universally produce costiveness, and its opposite evil, dysentery, and all those fatal derangements of the system, which are the infallible harbingers of the direct and most contagious diseases.

Natural death, as I have stated before, is the consequence of the principle of corruption, remaining in a steady, fixed and tranquil state, until the functions of vitality, by their continued use, are no longer able to supply the daily waste of the body.

The cause of **PREMATURE**, or unnatural death, is the effect of auxiliary corruption, either from impure air, improper food, irregular habits, etc., which tend to overthrow the equilibrium of the humors, thus adding to the first principle or root of corruption, which is the sure inheritance of every man that is born to die.

The occasional causes of the humors becoming depraved, are—coming in contact with infectious or impure air—the consequence of exhalations from swamps, subterraneous places, common sewers, and from all vegetable or animal matter, in a state of putrefaction or decomposition.

Long protracted dry and hot weather is generally the cause of much sickness, especially to those residing in the vicinity of marshy grounds; for there, the atmosphere pumps out, as it were, and ab-

sorbs the putrefactive particles, and carries them into the air: so that when this air is imbibed by any person at all predisposed to disease, whose humors happen already to be in a depraved state, it will occasion the most malignant and deadly fevers.

There is a certain combination, however, which is essential to the production of a contagious miasma. It is the combination of moisture with heat. For where the heat is so intense as immediately to dissipate moisture, no contagion can exist. Hence, I have no hesitation in declaring my firm conviction, that the beautiful meadows and lawns which skirt the banks of many of our rivers afford a *nidus* for the production and propagation of a numerous class of fevers, which are usually ascribed to any other but the real sources—the ditches of stagnant waters, and the disengagement of gaseous matter from vegetable putrefaction.

It does not appear, from the researches of the most learned writers on the subject, that any satisfactory experiments have as yet been made, either by European philosophers or ourselves, as to the *specific* gaseous matter which constitutes malaria. That it varies in no slight degree, according to the particular climate of the soil, and the more or less profusion of vegetable matter, can scarcely admit of any doubt. It is also equally obvious, that a certain elevation of temperature is necessary, in order to give activity to this ærial poison, for various sections in our own country which are visited by this pestilence in the summer and autumnal months, are comparatively exempt during winter and spring; all the circumstances being similar, it is also found that the malignity of its influence is pretty constantly in the same ratio as the elevated temperature of the district in which it prevails. In a sanitary point of view, it is perhaps of little importance to determine the precise chemical properties of the gases which constitute malaria. It is sufficient to ascertain that its influence on the vital functions is of a deleterious nature, producing, invariably, the class of intermittent or remittent fevers, subject, of course, to considerable modifications in individuals.

How important therefore, how indispensable is it for those who live in situations exposed to atmospherical contingencies to be always provided with a supply of Brandreth Pills! One dose, taken when the least symptom of sickness or dizziness has been felt, in consequence of exposure to the action of the miasma, has frequently been the means of preventing weeks and months of severe illness, and in many instances of warding off death. The observations which are made on the various causes of disease, are generally more interesting than useful, as the principal object to be attained, is to

know and *understand* how to cure ourselves when we are sick. What earthly possession, or accumulation of wealth, can be compared to the value of a knowledge so all-important as this ?

Of all the numerous causes of disease to which the human species is liable in warm climates, those which I am about to consider are the most important ; but they would require an investigation, full in proportion to the extent and variety of the effects which they produce. When the obvious and intimate relations subsisting between the earth's surface and the human species, for whom its beauties and its depravities are destined by Providence,—between man and the soil on which he moves, the productions of the earth which surround and feed him, and the air which he is constantly inhaling into his body, the conditions of these agents, as far as they can be recognized by sensible properties, or inferred from their manifest effects, become matters of immense interest in medical science, and of surpassing importance in philosophical, civil and political points of view. The conditions of the atmosphere resulting from the states of, and the changes taking place within and upon the soil covering the torrid and temperate zones of the globe, are not only the chief and immediate sources, on the one hand, of the strength and perfection of the mental and corporeal constitution of man, and on the other, of the diseases which harass him, stunting his physical and moral growth, or sweeping him from among living animals, of which he is the head and master ; but are also the most productive, although the more remote causes of natural character—of advancement in all the arts, sciences and refinements of life in some countries, and of moral and physical debasement in others. In one, their beneficent operation may be traced in the freedom, prosperity and greatness of its inhabitants, in another, their noxious influences are manifest in the degenerate and debased condition of the species, whose wants, habits, enjoyments and desires, seldom surpass those of the higher animals. In short, the constitutions of the atmosphere derived from soil and situation, according to their nature, are not only the productive sources of the disease, but also the chief spring of the perfection of the human race, and of its degeneracy—the influential causes of the various degrees of human science presented to us in the different kingdoms of the world—of the freedom and greatness of nations, and of their enslaved and degraded conditions—of the rise and downfall of empires.

It should be recollected, however, that the diseases of warm climates very nearly approximate to those of cold climates during

warm seasons, and during occasional atmospheric vicissitudes, and only differ from them in subordinate circumstances, which I have not space at present to elucidate ; this is more particularly the case in situations, the nature of which approaches to that generally observable within the tropics ; they are, in short, the prevalent diseases of other climates, rendered more intense by more powerful causes, and the more continued in their action, and much more prolonged, and hence their effects become more marked than elsewhere.

That these derangements of the human frame are more frequently met with in warm climates, and less so in temperate countries, is merely the result of the general order of nature as regards the animal economy, and the human economy more particularly. The finer shades of conformation and constitution, it should be further remarked are such as to adapt man to the circumstances and vicissitudes of the country in which Providence has ordained him to exist. This conformation is chiefly the result of the influences which have continued to operate on the parents ; and the effect at last becomes conformable with the general character of the causes producing it. The European is constituted in a manner the best suited to the climate which he inhabits, and a similar conformation of the system of man to the circumstances of the country, may be traced in every part of the globe.

When, therefore, man migrates from the climate which contributed to generate the peculiarities of his frame, to one which is remarkably different from that to which he is assimilated, then disorders of various kinds and grades may be expected, which, unless counteracted by *proper purgative medicine*, soon spread and reach the heart, stomach, and the whole system becomes in a state of fermentation ; for those organs which changes and peculiarities of climate chiefly affect, soon become deranged in their functions, and when they continue disordered for any time, additional disease is generated in many of the other organs of the frame, especially in those which are more intimately allied in function to them.

What is here inferred *a priori*, is evident in practice, particularly upon an intimate view of the succession of the phenomena of disease. But the climate, and the circumstances more intimately connected with the climate and the soil, or vicissitudes of temperature and of season, are not to be considered as the sole causes of disorder, for diseased actions proceed not always from those ; and when they do apparently derive their origin from thence, other causes frequently co-operate with them in producing the effect. The modes of living,

the diet and regimen of the individual, whose frame and constitution are unassimilated to the country, are generally as fertile causes of disease as those which relate to the climate, inasmuch as they are but ill-adapted to the nature of the change which he has experienced, and to the peculiarities of his system, under the circumstances in which he has been recently placed ; and these latter combine with the former class of causes in producing diseases which, but for this combination, might have never been occasioned.

The individual, who is, as it were, transplanted from the air and soil from which he has been in a manner formed, and in which he has longer vegetated, into those with respect to which he is quite an exotic—instead of adopting the diet and regimen suited to the new circumstances into which he is placed, more generally pursues both one and the other, according as the custom of those around him, or his own morbid appetites seduce him. Although continually operated upon by causes, of whose influence his system is the more susceptible, the more recently he has undergone the change ; although even the air which he breathes tends, at the same time that it animates, to modify his constitution to the new circumstances in which he is placed, and to generate disease in the process of transformation which is being effected ; yet he more generally lives on as if he were entirely independent both of it and of the substances which he receives into his stomach, and instead of adapting in some degree his diet and regimen to the climate in which he is placed, he is seduced by the sensations of his palate and his pleasures, which, when indulged in, occasion that condition of the system which, if not amounting to actual disease, is generally productive of it, under the most favorable circumstances of climate, and more especially during warm states of the atmosphere, and when it is loaded by moisture, terrestrial effluvia, and other causes of disorder.

How widely Malaria, in the present state of medicine, and utter neglect of the system of prevention by purgatives, is a cause of death will be apparent almost on a moment's consideration, when we recollect, that in all the warmer, and hence more populous countries, nearly the entire mortality is the produce of fevers, and these fevers the produce of Malaria ! I have said, elsewhere, that it has been estimated to produce one half of the entire destruction of the human race, nor do I think that this computation, made by physicians of care and consideration, has been exaggerated. "Can we forget," observes once more the intelligent writer last quoted, "that we also suffer with Italy and with Greece, with Africa and the West and East In-

dies ! As travellers, as residents, as warriors, as colonists, we partake with all. If the sword hath slain its thousands, malaria hath slain its tens of thousands. It is disease, not the field of action which digs the graves of armies." The truth of these observations requires no farther proof than the dispatches from the brave British army, engaged in the late Burmese war, and the annual mortality in the West Indies, and on the dreadful coast of Africa.

If in our northern and more fortunate climate, Malaria is less destructive than in some others, it is far more so, however, than is commonly imagined ; for I verily believe that if all the deaths produced by fevers in our own city were carefully examined, it would be found that Malaria, in connection with the depravity of the humors has caused, nineteen out of every twenty that take place. Is it not then of the greatest consequence that the causes producing these effects should be generally understood ? so that by the early application of purgative medicine, *the only certain means of cure*, this large amount of human suffering may be prevented ?

Among the obscure causes which operate to produce Malaria in cities and large towns, public sewers or drains are perhaps the most prominent. As one proof among many others, of the class of intermittent fevers originating from the malaria generated in sewers, I may mention the anomalous fever which prevailed to such an alarming extent, about fifteen years since, in the penitentiary at Milbank, near London, which had its origin in the Malaria of the swamps, which surround that edifice : the prisoners, on being removed to the more salubrious district of the Regent's Park, speedily became convalescent. I have reason to believe, however, that not only marshy districts and lower levels are periodically subject to malaria, but that in places hitherto unsuspected it prevails to a considerable extent. It is a popular notion, for instance, that the rushy pools and petty swamps so common in high moorlands, are innocent, or incapable of producing Malaria. I know not why they should be exempt more than other marshy places, unless under a very high elevation, or a cold climate ; and that the fact is not so, has been proved to my conviction, by the occurrence of intermittents in Wales, at considerable elevations, from these unquestionable causes. In one instance, among many others, a considerable body of laborers were employed in excavating a pond on a moor of this nature, situate about a thousand feet above the level of the sea : and in the course of the work within a very short time, nearly one half were incapacitated by th

ague. And if such rushy spots can produce an extensive effect of this kind, there will be always cause for suspicion, even in the smallest quantity of such wet land, be the character what it may.

Dr. Benjamin Rush had occasion to remark, that a quantity of damaged coffee having been exposed at a time (July the 24th) and in a situation (on a wharf and in a dock) which favored its putrefaction and exhalation; its smell became so highly putrid and offensive, that the inhabitants of the houses in Water and Front streets who were near it, were obliged in the hottest weather to exclude it, by shutting their doors and windows. "Even persons who only walked along those streets," continues the Doctor, "complained of an intolerable fœtor, which, upon inquiring, was constantly traced to the putrid coffee." It should not surprise us, that this seed, so inoffensive in its natural state, should produce, after its putrefaction, a violent fever. The records of medicine furnish instances of similar fevers being produced, by the putrefaction of many other vegetable substances. Fourteen men out of sixteen perished by a malignant fever, a few years ago, at the island of Tortola, from the effluvia generated by some putrefied potatoes, which were taken out of the hold of a Liverpool vessel. "The effluvia," says Dr. Zimmerman, "from a little heap of flax, has been known to occasion a malignant fever which proved fatal to the family in which it first began, and afterwards spread its contagion through a whole country."

"Dr. Rogers, in his treatise upon the diseases of Cork, mentions a malignant fever which swept away a great number of the students of Wadham College, in Oxford. "The singularity of the cause," (adds the doctor,) "engaged all the gentlemen of the faculty, in a serious inquiry into the causes of so remarkable an effect, and all agreed that the *contagious* infection arose from the putrefaction of a vast quantity of cabbages thrown into a heap out of the several gardens near the college." Lancissi relates that one end of the city of Rome was nearly desolated by the effluvia of some rotted hemp, which lay in the neighborhood of the city. The same author remarks, that "Fevers often prevail at Constantinople, which owe their origin to the hemp which is brought from Cairo, and which is put wet into the public granaries, and suffered to ferment during the summer. It is afterwards sold, and the seeds of those diseases are afterwards spread among the people." Many other facts might be adduced of radishes, turnips, garlic, and sundry other vegetables, generating by putrefaction, fevers similar to those which have been mentioned.

“Dr. Clarke mentions a contagious malignant fever from marsh miasma, which prevailed at Prince’s Island, in the year 1771, and which afterwards infected the crew of the Grenville Indian. The contagious pestilential fever in France, so accurately described by Riverius, was produced by an exhalation from putrid vegetables, particularly hemp and flax. Even intermittents, the most frequent and the most numerous of marsh exhalation, are contagious. Of this there are many proofs in practical authors. Bianchi describes an intermittent which was highly contagious, at Wolfenbottle, in the year 1666. Dr. Clarke mentions a number of cases in which this mild species of fever was propagated by contagion. Dr. Cleghorn has established the contagious nature of intermittents by many facts. After mentioning numerous instances of their having spread in this way, he says,—“These tertians have as good a right to be called contagious as the measles, small pox, or any other disease.”

“The United States, in common with other countries, have in many places established proofs of the contagious nature of fevers, produced by putrid vegetable exhalations. The yellow fever, which the citizens of New York wisely admit to have been generated in their city from vegetable putrefaction in the year 1791, spread by contagion. The bilious fever, which prevailed in Philadelphia, in the year 1778, was evidently contagious; so were the bilious fevers which prevailed during the last autumn in Weathersfield, Harrisburgh, and on the south branch of the Potomac.”

At the battle of Leipsic, the number of dead bodies left upon the field were so numerous that it was found impossible to bury them before the frost set in; which made the ground so hard that the graves could not be dug, and they were left under the snow, until the following March, when they were interred. The air, meanwhile, had become so poisoned by the putrid exhalations, that a nervous fever raged with much violence in the immediate vicinity, and carried off great numbers, especially on the third day after the attack. It was calculated that more than twenty thousand persons died of that fever. All travelling through that region, as well as the operations of commerce, were entirely suspended.

From all the facts above stated, it is evident that the vicinity of swamps, lakes, ponds, and indeed any place where there is muddy or stagnant water, or any ingredients of a putrefactive tendency, are situations to be avoided, as being susceptible of carrying corruption

into the humors. Living in a damp place, or in one deprived of a free circulation of air—resting upon muddy and filthy ground, may be an occasional cause of corruption, and generally speaking, as often as a free or concentrated air is charged with corrupt exhalations, it may, and must carry corruption into the mass of humors of those who breathe a sufficient quantity, and in case of the fluids having been depraved sufficiently before, it is sure to prove contagious.

Observation has also proved that in countries where there are to be found large quantities of caterpillars, sickness has always been prevalent, which is no doubt owing to the impure air which favors the generation of these insects.

As the limits of this pamphlet will not permit me to go more at length into the different circumstances and localities which I might demonstrate as having a very perceptible influence on the aggregate amount of human disease, I shall complete the discussion as to purposes of utility, by repeating what I have already satisfactorily proved,—that the sources of Malaria are far more widely diffused than have generally been supposed ;—that they can often be truly proved to have been the actual causes of fever, when that has been attributed to fallacious or imaginary ones : and that this poison is probably always the real cause of the disorders, known by the terms of yellow fever—intermittent fever—bilious fever, and typhus. Enough has been said to prove that *the danger never is at a distance*,—that the primal essentials to human existence, in crowded cities, are, pure water, pure air, thorough drainage, thorough ventilation, and last, by no means least in importance, the facility of taking exercise with in a convenient distance,—that in short, one of the first, one of the surest, one of the most practical methods of avoiding epidemic infections, is to keep the body free from acrimonious humors, and all predisposing tendencies to disease, in which case, Malaria will have as little influence on the constitution, as the raging tempest and the furious hurricane, generally have, on the stoutly built and safely manned vessels, that have so often weathered the direst and most threatening storms.

Notwithstanding all I have said relative to the cause of Malaria, and other diseases, and the manner in which these causes affect health ; yet I would have my readers to entertain this assurance, that however deranged the functions of life may happen to be, if the all-important application of the principle of purgation be commenced in time, there is no fear but that health, and all its happy concomi-

tants, such as cheerfulness, buoyancy of spirits, clear-headedness, and appetite, will speedily be restored ; for, as health can never be affected without something being in the body in diametrical opposition to all the healthy principles, it is obvious, that purging, by removing that something without injury to the stomach or bowels, or producing any other effects but such as are beneficial to the system, that health is the natural result.

Prevention, however, particularly among Southerners, is the grand principle which I would wish to inculcate, for no man has ever been known to catch those infections peculiar to certain climates and seasons, whose body was not already in a diseased state with regard to the humors, so that the contagious air, like a piece of leaven to the flour, is only the means of setting them in fermentation.

“ In infection and contagion from body to body,” observes Lord Bacon, “ as the plague and the like, the infection is received many times by the body passive ; but yet is, by the strength and good disposition thereof, repulsed.” Thus we perceive that the surest and the only way to guarantee against disease or contagion, is to extirpate from the body the only matter on which disease or contagion can act ; and when this is done in time, in accordance with the principle of prevention, that is to say, when the body is kept free from *predisposing humors*,—the blood pure, and vigorous, by periodical applications of vegetable purgatives, the individual possesses then a shield of defence against all attacks of contagion—he may then visit the habitation of the sick without dread of catching the disorders that surround him ;—and those scenes so revolting to humanity, and so frequently enacted in tropical climates, where the bugbear contagion, is allowed by the ignorance of practitioners, to place an insurmountable barrier between those whom the bonds of affection, parentage or duty should have kept united—to create dismay and suspicion, when consolation and assistance is most needed—would never again be heard of.

It is much to be regretted, that in the medical profession, the student finds so many causes operating to divert his mind from the love and pursuit of truth ! At one time he finds the authority of some great name raising its oracular voice to crush inquiry :—at another, he finds the intolerance of sect, or party, attempting to stifle honest and manly thought :—again, he finds the love of distinction tempting to the promulgation of some brilliant theory, which, however false and dangerous, may yet gain for its author the distinction of a temporary notoriety. It is thus that truth has ever been obscured, and error rendered perennial in the profession.

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OR

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OF

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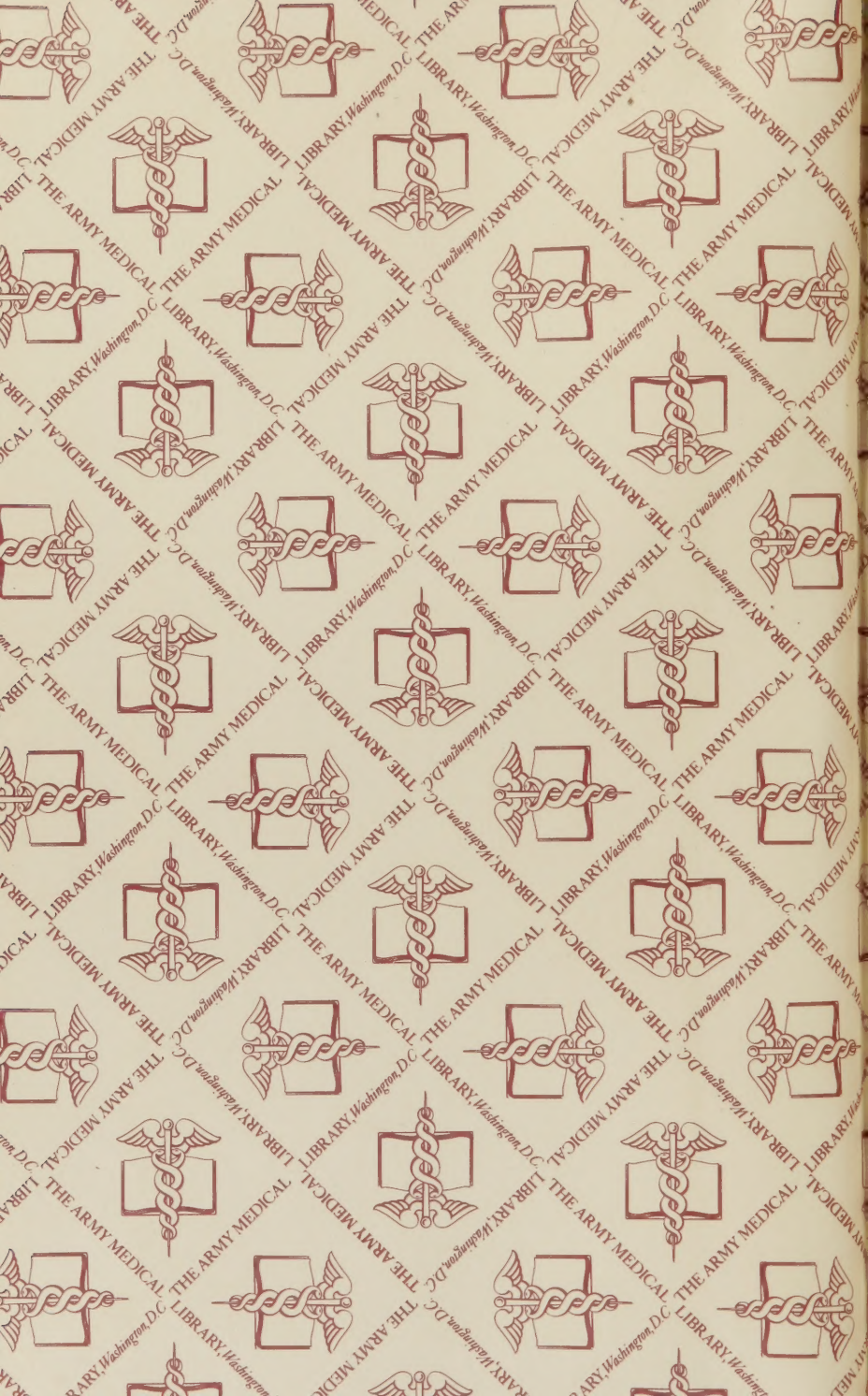
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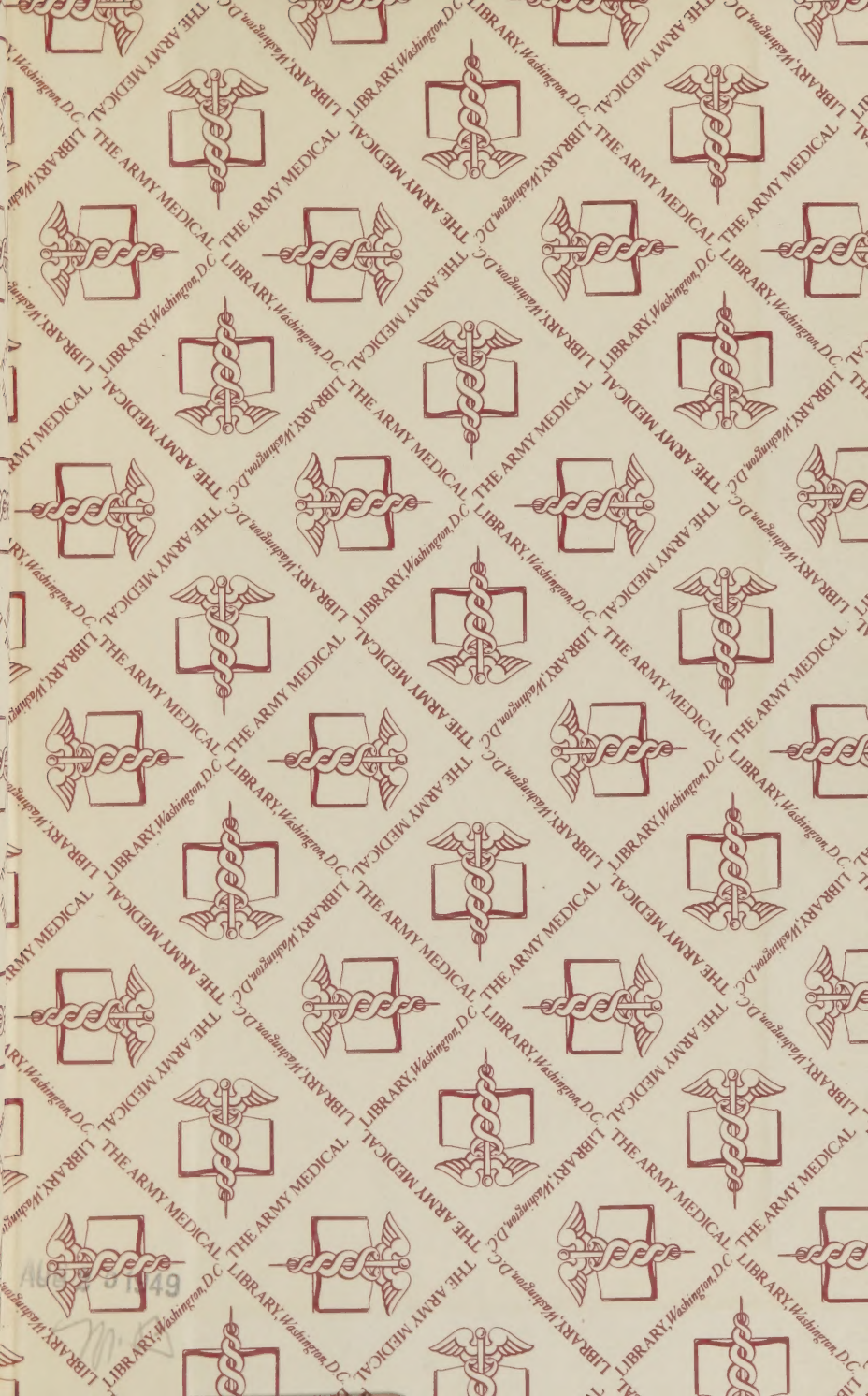
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